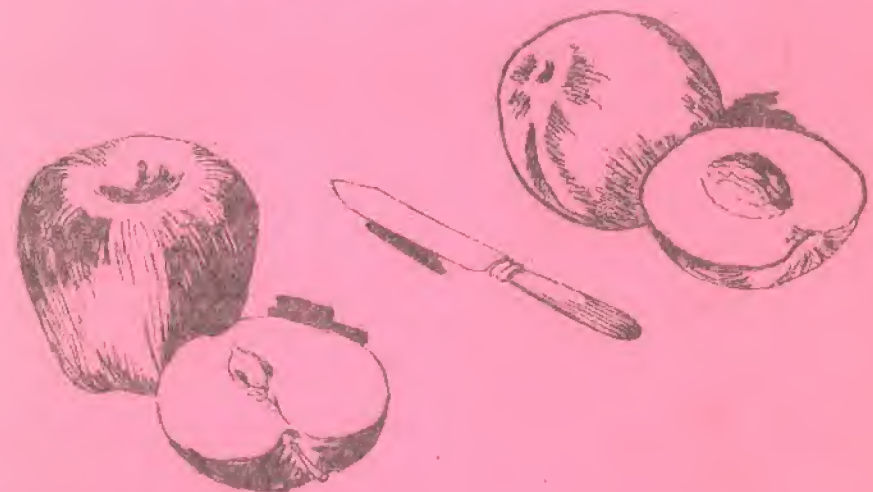


FAVORITE PEACH & APPLE RECIPES

Compiled By

ROGUE VALLEY PEACH AND APPLE
MARKETING ASSOCIATION

In cooperation with
JACKSON COUNTY EXTENSION SERVICE



COMPLIMENTS OF:

PIONEER ORCHARDS

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THEY CAME WITH THE PIONEERS

When the first fruit trees the early settlers planted began to bear fruit, the pioneers soon recognized the great fruit bearing potential in the Rogue River Valley. The ideal combination of moisture, temperature and soil fertility made the fruit trees bear an abundance of fruit, packed with extraordinary eating quality. So fine was this quality that it became world renown and prompted other settlers to come to the Rogue River Valley to grow fruit.

Many changes have come to the fruit industry since the pioneers came. Now, other areas grow more fruit than the Rogue Valley due to the limited amount of land available here. Nevertheless, the quality of Rogue River Valley fruit remains outstanding. The limited supply of quality fruit is used almost entirely for fresh market and gift fruit. Only through home preparation and canning can Rogue River Valley apples and peaches be enjoyed, since there is not enough for commercial processors.

With this history in mind, always treat yourself and your family to flavorful Rogue River Valley apples and peaches. Use Rogue River Valley apples and peaches to guarantee the complete success of your favorite recipe.

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So many people have asked for various weight measures and yields, perhaps the following will be helpful:

The legal weight of a bushel of fruit varies in different states. These are average weights and yields.

APPLES	1 bu. (45 lbs.) . .	20-25 qt.
PEACHES	1 bu. (45 lbs.) . .	20-25 qt.
"	lug (20 lbs.) . .	8-10 qt.
PEARS	peck (14 lbs.) . .	5-7 qt.
"	1 bu. (50 lbs.) . .	25 qt.

Apples, unpared will equal as follows: 3 medium apples equal one pound; when pared, diced or sliced will yield about 3 cups.

PEACHES ARE GOOD AND GOOD FOR YOU

A medium size Fresh Peach (edible portion about 100 grams) is chuck full of nutrients. As well as being low in calories, a Fresh Peach contains a fair amount of calcium not common in most fruit. Peaches also contain iron.

Calories	38
Protein	0.6 grams
Fat	0.1 grams
Carbohydrates	9.7 grams
Calcium	9.0 milligrams
Phosphorus	19.0 milligrams
Iron	0.5 milligrams
Sodium	1.00 milligrams
Potassium	202.00 milligrams
Vitamin A	1,530 International Units (yellow flesh variety)
Thiamine	.02 milligrams
Riboflavin	.05 milligrams
Niacin	1.00 milligrams
Ascorbic Acid	7.00 milligrams

Much of the full, deep flavor and nutrients in the peach are found in the skin. Peach skin adds roughage and fiber to your diet.

Fresh Peaches are great for weight watchers.

1 Fresh Peach, sliced	38 Calories
1 teaspoon sugar	14 Calories
$\frac{1}{4}$ cup whole milk	40 Calories
Total Calories	92
1 Fresh Peach, sliced	38 Calories
Non-Caloric Sweetener	00 Calories
Skim Milk	23 Calories
Total Calories	61

CANNING METHOD

APPLES:

Pare and core apples; cut in pieces. To keep fruit from darkening, drop pieces into water containing 2 Tblsp. each of salt and vinegar per gallon. Drain, then boil 5 mins. in thin sirup or water.

Pack hot fruit in glass jars to 1/2 inch of top. Cover with hot sirup or water, leaving 1/2-inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212° F.): Pint jars-15 mins.; Quart jars-20 mins. As soon as you remove jars from canner, complete seals if necessary.

PEACHES:

Wash peaches and remove skins. Dipping the fruit in boiling water, then quickly in cold water makes peeling easier. Cut peaches in halves; remove pits. Slice if desired. To prevent fruit from darkening during preparation, drop it into water containing 2 Tblsp. each of salt and vinegar per gallon. Drain just before heating or packing raw.

RAW PACK: Prepare peaches as directed above. Pack raw fruit in glass jars to 1/2 inch of top. Cover with boiling sirup, leaving 1/2 inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212°F) Pint jars-25 mins.; Quart jars-30 mins. As soon as you remove jars from canner, complete seals if necessary.

HOT PACK: Prepare peaches as directed above. Heat peaches through in hot sirup. If fruit is very juicy you may heat it with sugar, adding no liquid. Pack hot fruit in glass jars to 1/2 inch of top. Cover with boiling liquid, leaving 1/2 inch space at top of jar. Adjust jar lids. Process in boiling-water bath (212 F) Pint jars-20 mins.; Quart jars-25 mins.

SIRUP: Thin -- 2 C. sugar, 4 C water or juice
Medium -- 3 C. " , 4 C " "
Heavy -- 4-3/4 C. " , 4 C " "

CANNING WITHOUT SUGAR: Sugar can be decreased or omitted altogether in canning and freezing. Ripe fruit may be canned in water, fruit juice, or a light syrup instead of a medium or heavy syrup. (You may even like the finished product better with less sugar). One word of caution---we can't eliminate sugar in jams and jellies as sugar is essential for a high quality product that keeps well.

DRYING PEACHES AND APPLES

Select fruit that is ripe, but firm for best results. Cut food into thin even slices or uniform pieces for easier drying. Dried fruits are better products if they undergo one or more of the following treatments: (Sulfuring has the advantage of giving a better quality product.)

Sulfuring

Fruit treated with sulfur will maintain color, flavor, vitamins A and C and will discourage insect infestation during drying.

As fruit is peeled, cored or pitted, put it in a salt solution (4 tablespoons of salt to a gallon of water) to prevent discoloration.

Remove from the saline solution and drain thoroughly. Fruit is now ready for sulfur treatment.

ALTERNATE METHODS OF TREATING FRUIT

Sodium Bisulfite Solution

Use 1 1/2 to 2 tablespoons sodium bisulfite to each gallon of water. Sodium bisulfite should be available at drugstores or chemical companies. Steam peach halves for 5 minutes, cool to room temperature, then soak in dip for 15-20 minutes.

Commercial Anti-oxidant mixtures containing ascorbic acid do not work as effectively as the pure ascorbic acid, but can be used with some effectiveness. Follow the directions on the particular product being used.

Saline Dip

Dip fruit in salt water bath (4 to 6 Tblsp salt to one gallon of water) for 10 mins.

Ascorbic Acid

Pure ascorbic acid is a good anti-oxidant. It is available through drugstores, or chemical companies. For apples, dissolve $2\frac{1}{2}$ teasps. of crystalline ascorbic acid in each cup of cold water. For peaches dissolve 1 teasp. of ascorbic acid in each cup of cold water.

One cup of solution will treat around 5 quarts of fruit. The solution should be sprinkled over the fruit as it is prepared. (Peeled, diced, slices, etc.)

Steaming or Blanching

Precook fruit in steam or boiling water until tender, but still firm.

DRYING

Three methods of home drying are commonly used -- sun drying, oven drying and dehydrators.

Sun Drying: To be successful, sundrying demands a rainless season of bright sunshine, coinciding with the period of product maturity. Sun drying requires considerable care. Products must be protected from insects and must be sheltered during the night. This method is relatively slow, because the sun does not cause rapid evaporation of moisture.

Fruit: After fruit has been treated, place on trays one layer deep. Air circulation below as well as above fruit will speed up drying time. Place in direct sun, turn occasionally. A light covering of cheesecloth or screen will keep the food from insects. Several days in direct sun are sufficient to make fruit about two-thirds dry. At this stage, stack the trays in the shade where there is good air circulation and continue drying until leathery.

Oven Drying: Fruits can be successfully dried in the oven of the kitchen range. The temperature can be controlled, but to have any air circulation, the oven door must be left ajar. For elec. ovens, leave the door ajar by tucking a folded pot holder in the top corner to make $\frac{1}{2}$ to 1 inch opening. Prop a gas door open with an eight-inch stick. The opening helps to control heat, and

lets out moist heat.

For fruits, start the oven at 160° F. and then lower to 150° F. for the last half of the drying time. Fruits usually take six hours or longer to dry. Trays for oven drying should be at least $1\frac{1}{2}$ inches smaller than the inside width and depth of the oven to permit air circulation. Load oven with not more than 4-6 lbs. of fresh food at one time. Use wooden trays, with at least $2\frac{1}{2}$ inches between trays. Wooden blocks or spools can be used to space the trays. Allow at least a 3-inch space at the top and bottom of the oven. Hold the temperature between 140° - 150° F. If an oven thermometer is used, place it on the top tray, toward the back, for checking temperature of the oven. Examine the food and turn and rotate the trays frequently during drying to prevent scorching. Keep room well ventilated.

Dehydrators: Dehydrators with thermostatically controlled heat and forced air circulation are available from a number of sources. They are available from commercial sources or they can be constructed from a variety of materials available to the home carpenter. For this type of dehydrator, two things are necessary in an enclosed cabinet: 1) a controlled source of heat, and 2) some forced air to carry away the moisture. This, of course, necessitates some venting to allow intake and exhaust of air.

COMPLETE INFORMATION AND DETAILS REGARDING SULFUR BOXES, TRAYS, DEHYDRATORS, ETC., CAN BE OBTAINED BY REQUESTING BULLETIN No. EC 332 "HOME DRYING OF FRUITS AND VEGETABLES," AND EXTENSION CIRCULAR 855 "HOW TO BUILD A PORTABLE ELECTRIC FOOD DEHYDRATOR." A NEW FACT SHEET 232 "MAKING DRIED FRUIT LEATHER" IS ALSO AVAILABLE FROM THE COUNTY EXTENSION OFFICE.

FRUIT LEATHERS: A puree is first made from the desired fruit, either fresh or a drained, canned product. If fresh fruit is used, a heating step is advisable to inactivate the enzymes. The pureed product can be lightly sweetened if desired and is then spread in a thin layer on a plastic film and dried. The dried product has a bright translucent appearance, chewy texture, and a good fruit flavor. Leathers can be stored by rolling

them up while they are still on the film, covered with more plastic, or placed in a glass jar with a tight lid. They retain their color and flavor for at least a month at room temperature, 4 months under refrigeration, and a year when frozen. If bisulfite is incorporated into the formulation, their storage life can be greatly increased.

FREEZING METHOD

APPLES: Peel, core, and trim. Slice into light brine (1 T. salt per qt. of water). Drain, pack, cover with sirup. Ascorbic acid optional. Or simmer 3 mins. in boiling water or light sirup, drain, air cool, dry pack. Prepared sauce may also be frozen.

PEACHES: Halve, pit, scald until skin slips, and peel. Either (1) dip slices into boiling water or sirup 2 mins. to prevent discoloration, air cool, or (2) add ascorbic acid to the sirup, pack and cover with sirup. A 40-percent sirup is recommended (3 cups sugar, 4 cups water-yields $5\frac{1}{2}$ cups sirup) for most fruits. For some mild-flavored fruits lighter sirups are desirable to prevent masking of flavor. Heavier sirups may be needed for very sour fruits.

FREEZING APPLE OR PEACH PIES

Make pie filling using your favorite recipe. Line pan with foil using enough foil to fold across top also. Put filling in pan and fold foil across. Freeze. When frozen remove from pan and wrap in freezer wrap. When you want a pie make pie crust, unwrap frozen filling and place in pie pan on top of bottom crust. Dot with butter and put top crust on. Bake at temp. called for in recipe just increase baking time until filling is bubbling good.

Try this idea for **FROZEN PEACHES:** Take a 12 oz. can of frozen orange juice and mix as directed on the can. Add 5 C. sugar to the orange juice and stir. Slice peaches into the orange juice. Dip out the peaches with a strainer and put into containers and freeze.

APPLE NUT BREAD

$\frac{1}{2}$ cup butter or margarine	1 teasp. baking powder
1 cup sugar	1 teasp. baking soda
2 eggs, unbeaten	$\frac{1}{2}$ teasp. salt
1 teasp. vanilla	1 cup chopped walnuts
$1\frac{1}{2}$ Tblsp. dairy sour cream	1 cup chopped unpeeled apples
2 cups sifted flour	

Cut butter into sugar; add eggs, one at a time, mixing well after each addition. Blend in vanilla and sour cream. Sift together dry ingredients; add nuts. Combine with first mixture. Stir in apples. Pour into greased $9'' \times 5'' \times 3''$ pan or 2 small loaf pans. Bake in a slow oven (325°) about 1 hr. Makes 1 large or 2 small loaves.

PEACH KUCHEN

2 cups sifted all-purpose flour
$\frac{1}{4}$ teasp. baking powder
$\frac{1}{2}$ teasp. salt
1 cup sugar
$\frac{1}{2}$ cup butter or margarine
12 peach halves, fresh, canned or frozen
1 teasp. cinnamon
2 egg yolks
1 cup heavy or sour cream



Start oven at 400° . Sift flour, baking powder, salt and 2 Tblsp. sugar together. Work in butter or margarine with blender until mixture looks like corn meal. Pile into an 8-inch ungreased square pan and pat an even layer over bottom and half way up sides of pan with your hands. Place peach halves over pastry (drain canned or frozen fruit), sprinkle mixture of cinnamon and remaining sugar over and bake 15 mins. Now mix egg yolks and cream together, and pour over kuchen. Bake 30 mins. longer and serve warm. Serves 6.

APPLE HILL CAKE

The following recipe is for one of the most delicious apple desserts and it has an added advantage - it is very easy to make. Each pan is a guaranteed success, provided the Rogue Valley apples are used.

Combine: 2 cups sugar
 1/2 cup oil
 2 eggs

Add: 4 cups diced apples

Sift together: 2 cups flour
 1 teasp. salt
 2 teasp. cinnamon
 1 teasp. nutmeg
 2 teasp. soda

Add to apple mixture. Pour into 9"x13" greased cake pan, and bake for one hour in preheated oven at 350°. Serve it hot, warm or cold. Try it plain, frosted or with whipped cream. Your family will enjoy this flavorful dessert the way you like to present it.

TROPICAL JELLIED APPLE SALAD

1 pkg. lemon-flavor gelatin	1/2 cup broken walnuts
2 cups hot cider	1/2 cup sliced pitted
1 Tabbsp. lemon juice	dates
1 cup diced unpeeled red apples	1 Tabbsp. coarsely grated orange peel

Dissolve gelatin in hot cider; add lemon juice. Chill until consistency of unbeaten egg white. Fold in remaining ingredients. Turn into quart mold; chill until firm. Unmold. Garnish with salad greens. Serve with sour cream dressing. Makes 6 servings.

SOUTHERN PEACH SKILLET PIE

Make regular bisquick dough.

6 fresh peaches, peeled and sliced
1/2 cup sugar
1/2 tsp. salt
1/4 tsp. cinnamon
1 1/2 Tabbsp. soft butter

Heat oven to 425°. Make bisquick dough adding 1 Tabbsp. sugar. Roll or pat out dough 1/4" thick. Place in 8" skillet, allowing some of dough to hang over edge. Top dough with peaches. Mix sugar, salt, cinnamon and butter; sprinkle over fruit. Fold hanging dough toward center, leaving a little space uncovered. Bake 25 minutes.

PEACH CREAM CHEESE PIE

2 Tabbsp. cornstarch	1/2 cup peach puree¹
3/4 cups sugar	1/2 cup water
2 Tabbsp. lemon juice	1 small pkg. cream cheese (3 oz.)
1/4 cup powdered sugar	4 cups sliced peaches
9 inch baked pie shell	

To prepare the puree¹ for this pie, wash peel and pit peaches and whirl until smooth in an electric blender, or force pulp through a wire strainer. In a pan combine the cornstarch and sugar; blend in peach puree¹, water and lemon juice. Bring to a boil, stirring; boil until thickened and clear. Remove from heat, cool. Beat together the cream cheese and powdered sugar until smooth. Spread evenly in the pie shell. Spoon the sliced peaches over cream cheese. Pour cooled puree¹ over peaches. Chill until serving time.

5 lbs. firm, ripe peaches
 $\frac{1}{2}$ lb. seeded raisins
 $\frac{1}{2}$ lb. dates, chopped
2 cups vinegar
 $\frac{1}{4}$ cup lime juice (optional)
1 lemon
2 to 3 cups sugar
 $\frac{1}{2}$ cup candied ginger, coarsely chopped
 $\frac{1}{2}$ cup nuts, chopped (optional)

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4 cups sugar 2 cups vinegar
2 Tabbsp. stick cinnamon 2 Tabbsp. whole cloves
 peaches

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12 peaches sliced fine
2 large sour apples
2 large oranges
9 Maraschino cherries
and half of the juice

Page 10

Pare and core 6 medium sized, tart, juicy apples. Then prepare a sirup of:

1 cup sugar 3 Tblsp. butter
2 cups water 1/4 teasp. cinnamon

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- 1-16 oz. can whole cranberry sauce
- 1/3 cup sugar
- 1 Tblsp. lemon juice
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 6 fresh peaches or pears, pared, cored and quartered
- 2 medium oranges, peeled, sliced, and halved

Page 11

PEACHEESY PIE

2 cups flour
1 teasp. salt
2/3 cup shortening
6 to 7 tablespoons peach syrup
2 tablespoons butter

Combine flour with salt. Cut in shortening until the size of peas. Sprinkle peach syrup over mixture while stirring with fork until dough holds together. Roll out half of dough on floured surface to a circle 1½ inches larger than inverted 9-in. piepan. Fit into pan. Flute edge. Fill with Peach Mixture. Dot with butter. Cover with Cheesecake Topping. Roll out remaining dough. Cut into circles. Brush with peach syrup. Arrange on Topping. Bake at 425° for 10 mins. Cover edge with foil, then bake at 350° for 30 to 35 mins. or until crust is deep golden brown.

Peaches 'n Cheesecake Filling:

1 lb. 13-oz. can peach slices	2 teasp. vanilla extract
1/2 cup plus 1/3 cup sugar	2 eggs, slightly beaten
2 Tablsp. corn starch	1 Tablsp. lemon juice
2 Tablsp. corn syrup	3 oz. pkg. cream cheese
2 teasp. pumpkin pie spice	1/2 cup dairy sour cream

Peach Mixture: Drain peaches; reserve syrup. Combine peach slices, 1/2 cup sugar, corn starch, corn syrup, pumpkin pie spice and vanilla. Cheesecake Topping: Combine eggs, 1/3 cup sugar, lemon juice and 2 Tablsp. peach syrup in small saucepan. Cook, stirring constantly, until thick. Soften cream cheese. Blend in sour cream. Add hot mixture; beat until smooth

SWEET-SOUR CHICKEN WITH PEACHES

1 broiler-fryer, cut up	1 cup orange juice
3 Tablsp. flour	2 Tablsp. honey
1 teasp. salt	2 Tablsp. vinegar
1/2 teasp. pepper	1 Tablsp. chopped parsley
2 Tablsp. veg. oil	3-4 diced peaches

Coat chicken on all sides with flour seasoned with the salt and pepper. Brown in the hot oil in Dutch Oven. Add remaining ingredients, except peaches; cover and bake in moderate oven (350°F.) 45 mins. Add peaches and bake 5 mins. longer. (Serves 4)

PEACH PUNCH SPIKE

(Makes ½ gallon)

4½ cups fresh peach pulp (about 9 medium size)
1 6 oz. can frozen orange juice concentrate
1 6 oz. can frozen lemonade concentrate
1 quart crushed ice
6 peeled peach halves to float in punch bowl
Mint leaves to garnish cups, if desired

Peel and pit peaches. Cut into fourths. Reduce to a pulp in blender or grind in food chopper. Combine peach pulp, orange juice and lemonade concentrates in punch bowl. Add crushed ice and mix well. Float peach halves on top. Serve with a sprig of mint. Spike with gin or vodka, if desired.

COCONUT PEACH UPSIDE DOWN CAKE

3 Tablespoons butter	1 8 oz. can peach slices,
½ cup brown sugar	drained
¼ cup flaked coconut	1 package, 1 layer size,
	yellow cake mix

In 8 inch round foil baking pan, melt butter. Stir in brown sugar and coconut. Pat evenly on bottom of pan. Arrange peach slices over coconut in pan. Mix cake according to package directions. Spread carefully over peaches. Place on grill about 6 to 8 inches from slow coals and lower the grill hood to make an oven. Bake 40 to 45 minutes or till done. Cool 2 minutes in pan; invert to serve. Makes 6 servings.

EASY PEACH CAKE

1 yellow cake mix	4 eggs
1 package peach gelatin	1 cup mashed fresh peaches
1 cup Crisco oil	

Mix all ingredients 4 minutes. Blend in peaches and bake in a 13" x 9" pan 40 minutes at 325 degrees.

GLAZED PEACH PIE

- 2½ cups sliced fresh peaches
- 1 Tabls. lemon juice
- ¼ cup granulated sugar

Turn peach slices into bowl; drizzle lemon juice; add ¼ cup sugar and toss gently; set to one side.

Make pastry for 1 crust 8" pie; bake and set to one side to cool.

Blend: ½ cup sugar
3 Tabls. corn starch

Mix and add gradually: 2 Tabls. butter
1/8 tsp. salt
1/8 tsp. almond extract
Drain peaches of liquid - making
1 cup peach juice.

Bring mixture to a boil; boil 3 minutes, remove from heat; place peach slices in cooled pie crust, pour mixture over peaches. Serve with ice cream, cool whip, etc.

PEACH ICE CREAM

Make this ahead, so that it has about 4 hours to ripen.



- ½ cup sugar
- 1½ tsp. unflavored gelatin
- 4 cups light cream
- 1 slightly beaten egg
- 1 tsp. vanilla
- ¼ tsp. almond extract
- Dash salt
- 3 cups mashed peaches
- ¾ cup sugar

Combine the ½ cup sugar and the gelatin. Add HALF the cream. Stir over low heat till gelatin dissolves. Slowly stir a small amount of hot mixture into egg; mix well. Return to remaining hot mixture; cook and stir till mixture thickens slightly, about 1 min. Chill. Add remaining cream, vanilla, almond extract and salt. Combine crushed peaches and the ¾ cup sugar - add to the chilled mixture.

Freeze in ice cream freezer according to manufacturer's directions. Let ripen about 4 hrs. (Makes 2 qts.)

GRANDMA HOFBECK'S APPLE STRUDEL

(original Vienna recipe)

- | | |
|--------------------------------------|---------------------------|
| 1½ cups sifted flour | 1 teasp. almond extract |
| 1/2 teasp. salt | 1/4 cup melted butter |
| 1 Tblsp. salad oil | 1/2 cup fine bread crumbs |
| 1 egg beaten with 1/3 cup warm water | |
| 6 cups apples (Newtowns recommended) | |
| 1 teasp. cinnamon | 1/2 cup chopped walnuts |
| 1/2 cup raisins | 1/2 cup brown sugar |
| 1 cup sugar | 1/2 cup flour |

Kneading time--15 mins.; Oven--400°;

Standing time--30 mins.; Baking time--30 mins.

Make a dough of first five ingredients. Turn the dough out on a floured board. Knead with both hands until dough comes away clean, elastic and silky to touch. Then throw or beat dough against board until it blisters (about 100 times with force). Cover with a warm bowl; keep in warm place for 30 mins. Prepare the filling: Combine apples with sugar, flour and almond extract in bowl. Cover the table with small white cloth; flour cloth slightly. Place dough on the cloth. Pull out and stretch very gently to thickness of tissue paper, working around the dough and pulling easily from underneath. Stretch a little larger than a two foot square. Allow to dry slightly and then spread with some of the melted butter. With a scissors, trim off the thick edges of the dough. Sprinkle the bread crumbs, nuts, and brown sugar over the dough. Spoon the apple mixture along one end of the dough. Let the dough roll by lifting the cloth high with both hands. Roll onto a greased baking sheet. Twist roll to form a crescent. Brush with melted butter. Bake in oven until brown and crisp. Remove to a rack. Spread top again with melted butter and dust with confectioner's sugar. Serve warm or cold.

Hints: If strudel is too big or heavy, it can be cut in half before baking. It is also much easier to have someone help you rather than do it by yourself.

APPLESAUCE COOKIES

1 cup raisins	1 teasp. soda
1 cup thick applesauce	1 teasp. cinnamon
1 cup brown sugar	1/2 teasp. nutmeg
1 egg unbeaten	1/4 teasp. cloves
2 cups sifted flour	1 cup chopped nuts
1/2 teasp. salt	1/2 cup shortening

Mix raisins and applesauce and set aside. In mixing bowl, combine sugar, shortening and egg; beat until fluffy, stir in applesauce and raisins. Stir in flour with salt, soda, spices and mix well. Drop the dough by rounded teaspoonsful about 2 inches apart on greased baking sheet. Bake at 375° for 13-15 mins. Makes about 4 doz. cookies which keep unusually well.

APPLE-PEAR MINCEMEAT

10 Bosc pears	2 lbs. brown sugar
5 lbs. apples	1 lemon peel & juice
1 1/2 lbs. seedless raisins	1 orange peel and juice
1/2 lb. suet	1 1/2 teasp. salt
1 1/2 teasp. nutmeg	1 cup molasses
1 1/2 teasp. cinnamon	1/2 lb. citron (optional)
1 teasp. cloves	

Peel and core apples; quarter and core, but do not peel pears. Put all ingredients through food chopper; bring to boil; seal in jars.

APPLE CANDY

1 pkg. lemon jello	3/4 cup broken walnuts
1 cup strained applesauce	or 1/2 cup chopped
1 cup sugar	almonds

Combine applesauce and sugar and cook over low heat until very thick, about 15 mins. Stir constantly to avoid scorching. Remove from heat. Dissolve gelatin in hot applesauce and add nuts. Turn into greased 9"x5"x2" loaf pan. Chill in refrigerator, cut into one in. cubes and roll in powdered sugar. Let stand overnight at room temp. to dry. Then roll in more powdered sugar. Store in covered container. Makes about 2 1/2 doz.

UPSIDE DOWN PEACH GINGERBREAD

This peachy dessert is good hot or cold and so easy to make.

1 (1 lb.) can sliced peaches
3 Tbsp. butter or margarine
1/2 cup brown sugar, packed firmly
1 pkg. gingerbread mix

Drain the peaches in a sieve. Save and refrigerate the juice to use in making cold fruit drinks. Start heating oven to 350°. Put butter in a 9"x9"x2" pan. Set it in the oven until the butter melts. Remove the pan from oven. Sprinkle the brown sugar over the butter in the pan and arrange the drained peach slices on top. Make an even layer of the peaches. Make the gingerbread batter as directed. Pour the batter over the peaches. Bake the gingerbread 40-45 mins. Test for doneness. Remove from oven, allow to stand 5 mins. Place a serving plate on top of the pan and turn the pan and plate at same time. Let stand 1 min., remove pan slowly. Serve the gingerbread hot or cold, cut into squares. You can top with ice cream, whipped cream or dessert topping.

SPICED PEACH CRANBERRY RING

1 can (1 lb. 14 oz.) peach halves
1 tsp. whole cloves
1 three-inch cinnamon stick
1/4 cup vinegar
1 pkg. (3 oz.) lemon flavored gelatin
1 cup fresh cranberries
1/2 med. orange, unpeeled, seeded

Drain peaches, measure sirup; add enough water to make 2 cups. Stir in spices and vinegar; simmer 10 mins. Add peaches; simmer 5 mins. Remove peaches; place cut side up in 1 qt. ring mold. Strain sirup; add to gelatin; stir until dissolved. Pour 1/2 of mixture over peaches; chill until firm. Meanwhile, put cranberries and orange through fine blade of food chopper; add to remaining peach sirup; cool. Pour over firm peach layer; chill until firm. Unmold

PEACH YOGURT ROYALE

1 pkg (3 oz.) raspberry flavored gelatin
2 fresh sliced peaches
Vanilla Yogurt

Prepare gelatin as package directs. Chill until almost set. Fold in peaches and spoon into serving dishes. Chill until firm. Top each serving with a tablespoon yogurt. Makes 6 servings.

PEACH AMBROSIA

2 cups sliced, peeled firm ripe peaches
1 banana sliced
1 Tablespoon lemon juice
2 Tablespoons sugar
1/3 cup flaked coconut

Combine first 4 ingredients. Chill at least 30 minutes. Just before serving, add coconut and spoon into sherbet glasses. Makes 4 servings.

PEACH BOWLER

For each serving, pour a little chilled grenadine in bottom of shallow glass. Put in one or two peach halves. Fill with chilled ginger ale. This makes a very cool and attractive drink for summer.

BAKED APPLES

Wash and core apples. Place into baking dish. Heat oven to 350 degrees. Pour in water just to cover bottom of dish. Fill center of each apple with 1 to 2 Tablespoons brown sugar, 1/4 teaspoon butter and dash of cinnamon. Bake, uncovered, until tender, 45 to 60 minutes. Cool and serve with whipped cream.

FRESH SPICE BRANDY PEACHES (Makes 6 servings)

6 fresh peaches	1/4 cup vinegar
1/2 cup honey	2 pieces whole stick cinnamon
1/2 cup water	2 Tablespoons peach brandy
1 cup brown sugar, packed firm	

Put 1 1/2 quarts water into 2 or 3 quart pan. Bring to boil. In a 2 or 3 quart pan heat honey, water, sugar, vinegar. Cook, stirring constantly, over high heat until mixture boils. Turn heat very low. Simmer 10 minutes. While sauce simmers, put peaches into boiling water for a minute. Then plunge the peaches at once into cool water. Strip off skins. Cut into halves. Remove pits. Add brandy and 6 peach halves to hot honey sauce. Cook 10 minutes over low heat. Keep spooning honey-brandy sauce over peaches. Put peaches into serving dish. Cook remaining 6 peach halves the same way. Pour sauce over peaches in serving dish. Serve hot, at room temperature or chilled. Top with ice cream, pudding or whipped cream, or serve with pork, ham, or poultry as a garnish or accompaniment.

PEACH WALDORF SALAD

Dice four large unpeeled peaches. Mix lightly with a little orange juice to prevent darkening. Combine with 1/2 cup chopped celery, 1/4 cup chopped pecans and 1 cup miniature marshmallows. Top with mayonnaise. Serve in lettuce cups.

CONFETTI PEACH SALAD

For a summer luncheon salad, serve confetti cottage cheese scooped into fresh peach halves and served on crisp greens. Mix 2 cups small curd cottage cheese with 1/4 cup green pepper, 2 Tablespoons chives, 1/4 cup carrot, and 2 red radishes all cut into confetti bits.

CARMEL PEACH PIE

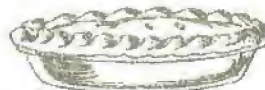
Make caramel sauce of the following ingredients:

$\frac{1}{2}$ cup honey	2 teasp. lemon juice
$\frac{3}{4}$ cup brown sugar	1 teasp. nutmeg
2 Tablsp. flour	$\frac{1}{2}$ teasp. salt
6 Tablsp. butter	

Cook together until thickened and cool slightly. Make pastry for 2-crust 9-in. pie. Peel and cut in half 5 large, ripe peaches. Place peach halves, cut side up in unbaked pie shell. Pour cooled sauce over peaches, cover with top pastry, slit to allow steam to escape. Seal and flute rim of pie; bake at 400° for 10 mins., lower heat to 350° and bake 30 mins. Serve warm or cold.

PEACH & CHERRY PIE

2 cups sliced, peeled fresh peaches
2 cups pitted tart red cherries
 $\frac{1}{4}$ cups sugar (for filling)
 $\frac{1}{4}$ cup flour
 $\frac{1}{4}$ teasp. mace
 $\frac{1}{8}$ teasp. salt
2 Tablsp. butter or margarine
1 Tablsp. cream
1 Tablsp. sugar (for crust)



Make pastry for 2-crust pie. Combine cherries and peaches in a large bowl; sprinkle with the sugar, flour, mace and salt; toss lightly to mix. Spoon into prepared pastry shell; dot with butter or margarine. Cover with top pastry, slit to allow steam to escape. Brush top with cream; sprinkle with 1 Tablsp. sugar. Bake in hot oven (400°) for 45 mins. or until pastry is golden. Cool at least an hour on a wire rack.

(Family Circle)

TANGY APPLE PIE

$2\frac{1}{2}$ cups sliced apples	1 tsp. vanilla extract
2 Tablsp. lemon juice	$1\frac{1}{2}$ cups plain yogurt
2 eggs	1 tsp. cinnamon
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ cup butter or marj.
2 Tablsp. flour	Unbaked 10" pie shell in
Dash of salt	a deep pan.

Put apples in pie shell. Sprinkle with lemon juice. Beat together the eggs, sugar, flour, salt, vanilla and yogurt. Pour over apples and bake in hot oven (400°) 10 mins. Reduce heat to 325° and bake 30-40 mins., or until almost set. With fingers, mix $\frac{1}{3}$ cup each sugar, flour, cinnamon and butter. Crumble over top of pie and bake 10-15 mins. longer. Serve slightly warm or cold.

BAKED PEACHES

When you tire of sliced peaches and cream, bake them.

6 large ripe peaches
3 Tablsp. lemon juice
 $\frac{1}{2}$ cup honey

Cream, ice cream or raspberry sherbet

Heat oven to 350°. Wash and peel peaches. Cut in halves and remove pits. Mix lemon juice and honey and pour over peaches. Cover and bake until tender when tested with fork. About 30 mins. Serve warm or cold with cream or topped with vanilla ice cream or raspberry sherbet. Makes 6 servings.

APPLE CRISP

4 cups sliced apples	$\frac{3}{4}$ cup sifted flour
1 teasp. cinnamon	1 cup sugar
$\frac{1}{2}$ teasp. salt	$\frac{1}{3}$ cup butter
$\frac{1}{4}$ cup water	

Place sliced apples in buttered 10"x6"x2" baking dish. Sprinkle with cinnamon, salt and water. Rub together flour, sugar and butter. Drop mixture over apples. Bake at 350° for 40 mins. Serve warm with cream.

PEACH MELBA SAUCE

- 1 pkg. (12 oz.) Frozen sliced peaches
- 1 pkg. (10 oz.) Frozen Red Raspberries
- $\frac{1}{2}$ cup sugar
- 1 Tablsp. cornstarch

Defrost fruit and drain sirup, combine with sugar and cornstarch, mix well. Cook over low heat, stirring constantly, until clear and thickened. Add fruits. Chill thoroughly before serving over vanilla ice cream. Makes $2\frac{1}{2}$ cups sauce.

MOLDED PEACHES AND CREAM

- 1 envelope unflavored gelatin
- $\frac{3}{4}$ cup sugar
- About 3 large ripe peeled peaches
- $\frac{1}{2}$ tsp. vanilla
- 1 Tablsp. rum flavoring
- 2 egg whites
- 1 cup whipping cream



In a saucepan stir together the gelatin and sugar. Whirl fresh peaches in blender to make puree (you should have $1\frac{3}{4}$ cups). Stir puree into gelatin and heat, stirring well, until completely dissolved and mixture just reaches a boil. Remove from heat & stir in the rum and vanilla. Set pan in ice water and stir until almost set. Combine the egg whites and cream in a bowl and beat until stiff peaks form. Stir gelatin mixture slightly to smooth out; fold in egg white mixture. Pour into a 1 qt. mold, cover and chill until completely set, at least 4 hours. Unmold and garnish with sliced peaches. 6-8 servings.

PEACHES & CREAM SQUARES

- 2 cups fine vanilla wafer crumbs
- $\frac{3}{4}$ cup butter or margarine
- 3 cups sifted powdered sugar
- 5 egg yolks
- $1\frac{1}{2}$ tsp. grated lemon rind
- $1\frac{1}{2}$ Tablsp. lemon juice
- 1 can (29 oz.) cling peach slices
- $\frac{1}{2}$ cups whipping cream
- 3 Tablsp. powdered sugar
- $\frac{1}{2}$ Tablsp. Light rum (or 1 tsp. vanilla)



Spread $1\frac{1}{2}$ cups crumbs in bottom of 8"x12" baking dish. Cream butter, sugar and egg yolks together well. Blend in lemon rind and juice. Spread over vanilla wafer crumbs in even layer. Drain peaches thoroughly and dice, reserving a few slices for garnish, if desired. Whip cream with 2 Tablsp. sugar until stiff. Fold in rum and peaches. Spread over butter layer. Sprinkle with remaining $\frac{1}{2}$ cup crumbs, chill several hrs. or overnight. Top with peach slices, if desired, and cut into squares. 12 servings.

PEACH JELLY

Put peach pits in a kettle and cover with water and boil for 30 minutes. Let stand overnight and drain liquid and strain liquid. Make jelly like directions on the pectin package.

PEACH CRUMBLE

Mix together: 3/4 cup flour
1/3 cup butter
3/4 cup sugar
1/2 teasp. cinnamon
1/2 teasp. nutmeg
Dash of salt (mixture will be crumbly)

Pee! and slice 8 medium-sized ripe peaches. Place in buttered baking dish (9"x9"). Sprinkle mixture over peaches and bake 40-45 mins. in moderate oven (350°). Serve warm with whipped cream flavored with a dash of almond extract.

PEACH SALADS

Two salads using perfect peach halves, skinned and sprinkled with lemon juice to fix the color, have become popular with homemakers. For one, cream cheese is mixed to a fluffy consistency with sweet orange marmalade and a pinch of salt. Spooned into the seed cavity of the peaches, the mixture is then covered with moist, grated coconut or broken nutmeats. For the other, a dressing made of one cup of commercial sour cream, 3 T. of dark brown sugar, and 4 crushed macaroons is spread generously over peaches arranged on lettuce. The macaroons must be added at the last possible minute to retain their crunchiness.

FROZEN FRESH PEACH SALAD

3 cups unpeeled, crushed fresh peaches
2 cups miniature marshmallows
1/2 cup drained crushed pineapple
1/2 cup slivered almonds
1/4 cup (4 oz. jar) Maraschino cherries
1/8 teasp. salt
2 cups sour cream

Mix all ingredients in 2-qt. bowl. Pour into 8-in. square pan or 12 muffin cups lined with paper baking cups. Cover with foil and freeze. 15 mins. before serving, cut into squares or peel off paper cup.

PEACH COBBLER

1/2 cup sugar	1/2 cup milk
4 Tblsp. butter	1/4 teasp. salt
1 egg (separated)	1 teasp. baking powder
8 marshmallows	1 cup flour

Cream butter and sugar and add egg yolk. Add milk and dry ingredients; add stiffly beaten whites last. Cover bottom of baking dish with half of dough, and slice 3 peaches over top. Add marshmallows and sprinkle lightly with cinnamon. Cover with remainder of dough. Bake 45 mins. in 350° oven. Serve warm with cream.

NOBBY APPLE CAKE

3 Tblsp. butter or margarine
1 cup sugar
1 egg, beaten
1 teasp. cinnamon
1/2 teasp. nutmeg
1/2 teasp. salt
1 teasp. baking soda
1 cup sifted flour
3 cups diced apples
1/2 cup chopped walnuts
1 teasp. vanilla



Cream butter, sugar and egg. Sift dry ingredients together, add to creamed mixture. Stir in diced apples, nuts and vanilla. Pour into greased 8"x8"x2" baking dish. Bake in moderate oven 40 to 45 mins. Serve warm or cold, with whipped cream or ice cream.

FRESH PEACH SHAKE

1 cup diced fresh peaches
1 to 2 Tblsp. sugar
2 Tblsp. lemon juice
1 cup cold milk
1/2 pt. vanilla ice cream

Mix well until thick and fluffy. Makes 2 large glasses. (From Farm Journal's Country Cookbook.)



PEACH DELICIOUS

- 1 qt. canned peach halves
- 2 oranges
- 8 marshmallows

Drain fruit separately, reserving peach juice. Place peach half with hollow side up in center of each slice of orange. Arrange in shallow baking dish. Place marshmallow in center of each peach. Pour peach juice into baking dish. Bake in a moderate oven at 375° F. about 20 to 30 minutes, basting occasionally. Serve warm. (Plan for 1 peach-half per serving). Variation: Pineapple slice may be substituted for the orange slices.

PEACH DAQUIRI

Put the following ingredients into blender:

- 2 Tabbsp. lime juice
- $\frac{1}{2}$ cup white rum
- 1 Tabbsp. sugar
- $1\frac{1}{2}$ cups crushed fresh peaches
- 1 Egg white
- (3 large)

Blend until mixed well.

PEACH MUFFINS

Use sliced canned peaches



Use your favorite muffin recipe. Replace $\frac{1}{2}$ of the milk in the recipe with peach juice. Arrange two or three peach slices on top, then bake.

PEACH BUTTER

4 C. sliced peaches, $\frac{1}{2}$ C. water, 2 C sugar. Combine peaches and water. Cover and cook until fruit is soft. Add sugar. Boil slowly, stirring constantly, until thick and clear. Fill jars and seal.

VARIATIONS: One may add different spices to some and also an apple to some just to vary the flavors. One can be so creative with peaches.

PEACH PUFF PUDDING (5 to 6 servings)

- $1\frac{1}{2}$ cups whole milk
- $1\frac{1}{2}$ cups broken dried bread
- 1 egg
- $\frac{1}{4}$ cup honey or sugar
- $\frac{1}{4}$ teasp. salt
- $1\frac{1}{2}$ teasp. grated orange rind (may be dried)
- 1 cup diced peaches, fresh, canned or frozen

1. Scald milk. Soak dried bread in milk for 10 mins.
2. Beat egg. Mix honey or sugar, salt and grated orange rind with egg.
3. Combine bread and egg mixture. Add peaches.
4. Pour into greased baking dish or individual casseroles. Bake in a moderate oven (350° F.) about one hour or less until set in center. Serve hot or cold with milk or cream.

PEACH WHIP (Serves 6)

- $\frac{3}{4}$ cup peach pulp, fresh, dried, frozen or canned
- $\frac{3}{4}$ cup water
- 1 Tbsp. unflavored gelatin
- 1 Tbsp. lemon juice
- 3 egg whites
- $\frac{1}{4}$ cup sugar (use only if unsweetened apricots are used)

Soften gelatin in cold water. Heat over low heat until gelatin is dissolved. Add pulp and blend well. Add sugar, if necessary, and lemon juice. Chill until partially set. Beat egg whites until stiff; fold fruit mixture into beaten egg whites. Pile into serving dishes. Chill. The addition of $\frac{1}{4}$ teaspoon of orange or almond extract adds extra flavor to this dessert. Apricots may also be used. (About 41 calories per serving).

APPLE-CHEESE CRUMB PIE

1 pie crust mix or	<u>Filling:</u>
2 sticks (9½ oz.)	5 cups (6 large) peeled,
flaky pie crust sticks	sliced apples
1 cup (4 oz.) shredded	1 Tblsp. lemon juice
Cheddar cheese	¾ cup sugar
½ cup firmly packed brown	2 Tblsp. flour
sugar	½ teasp. cinnamon

Prepare pie crust for one-crust 9-inch pie as directed on package, adding ½ cup shredded cheese to the mix. Flute edge.

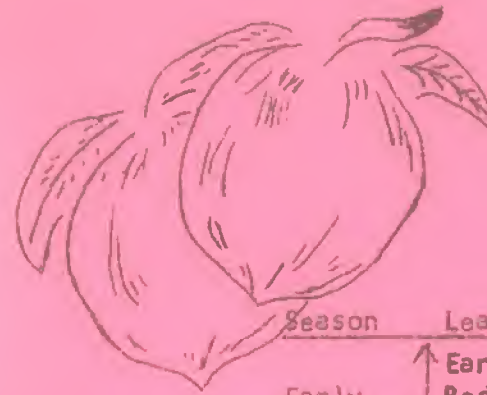
Combine remaining pie crust mix, remaining ½ cup shredded cheese and brown sugar to make a crumb mixture. Set aside. Prepare filling; place in pastry-lined pan. Sprinkle with crumb mixture. Bake at 400° for 10 mins., then at 350° for 35-45 mins. until golden brown and apples are tender.

FILLING: Sprinkle lemon juice over apple slices. Add sugar, flour and cinnamon; mix well.

JOHNNY APPLESEED CAKE

½ cup butter or margarine	1 teasp. cinnamon
1-¾ cups sweetened	½ teasp. nutmeg
applesauce	¼ teasp. ground cloves
2 cups all purpose flour	1 cup raisins
1 cup sugar	1 cup chopped nuts
1 teasp. salt	
1 teasp. soda	

Generously grease bottom only of 9-inch sq. or 11x7-inch pan. In large saucepan, combine butter and applesauce. Place over medium heat until butter melts, stirring occasionally. Remove from heat. Blend in remaining ingredients, stirring until well combined. Pour batter into prepared pan, spreading to edges. Bake at 350° for 30-35 mins. until top springs back when touched lightly in center. Serve warm or cool, plain or with whipped cream.



PEACHES

Season	Leading Varieties	Approximate Ripening Dates
Early	Early Red Haven	July 10
	Red Haven	July 20
Midseason	Suncrest	Aug. 10
	Western Pride	Aug. 10
	Sunhigh	Aug. 10
	Daroga Red	Aug. 10
	Hale Haven	Aug. 10
Late	Fortyniner	Aug. 24
	Improved Elberta	Aug. 27
	J. H. Hale	Sept. 1
	Alamar	Sept. 10
	Rio Oso Gem	Sept. 10

APPLES

Season	Leading Varieties	Approximate Ripening Dates
Summer	Lodi	July 10
	Gravenstein	Aug. 1
Winter	Jonathan	Sept. 15
	Golden Delicious	Sept. 20
	Red Delicious	Oct. 1
	Rome Beauty	Oct. 1
	Bennett Seedling	Oct. 1
	Spitzenberg	Oct. 1
	Yellow Newtown	Oct. 15